

Salad- Side Tossed

NO IMAGE

| | | | |
|----------------------|--------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 1.00 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-44801 |
| School: | Walton-Verona Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------|-------------|-----------------------|------------|
| LETTUCE ROMAINE CHOP | 1/2 Cup | 1 Cup = .5 Cup DG Veg | 735787 |
| TOMATO GRAPE SWT | 2 Each | Approx 2 - 3 tomatoes | 129631 |
| Cucumber | 2 Slice | Slice up cucumber | 16P98 |
| CARROT MATCHSTICK SHRED | 1 Ounce | | 198161 |

Preparation Instructions

Wash and Rinse all ingredients as directed on PKG. In 8 oz bowl, layer lettuce, tomatoes, carrots. Hold in cooler.

Hold at Cold Service.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.250 |
| RedVeg | 0.285 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

| Amount Per Serving | |
|----------------------------|-------------------------|
| Calories | 20.16 |
| Fat | 0.05g |
| SaturatedFat | 0.01g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 21.13mg |
| Carbohydrates | 4.54g |
| Fiber | 1.66g |
| Sugar | 2.46g |
| Protein | 0.92g |
| Vitamin A 4942.98IU | Vitamin C 4.82mg |
| Calcium 19.58mg | Iron 0.32mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available